

# Issaquah Senior Center

## Newsletter

# February 2020



CITY OF  
**ISSAQUAH**  
WASHINGTON

Questions? Give us a call (425) 392-2381  
or visit us online at [issaquahwa.gov/seniors](http://issaquahwa.gov/seniors)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tai Chi (Drop In)</b> 9:00 AM	<b>Panera Delivery</b> 9:00 AM	<b>Intermediate S.A.I.L. Fitness Class</b> 9:30 AM	<b>Hand and Foot Card Game</b> 10:00 AM	<b>Intermediate S.A.I.L. Fitness Class</b> 9:30 AM
<b>Strength &amp; Balance Fitness Class</b> 10:30 AM	<b>Mahjong</b> 9:00 AM	<b>Beginning S.A.I.L. Fitness Class</b> 11:00 AM	<b>Writing Your Family Story</b> 10:00 AM February 13 and 27	<b>Beginning S.A.I.L. Fitness Class</b> 11:00 AM
<b>Bridge</b> 10:00 AM	<b>Operation School Bell Knitting Group</b> 10:00 AM	<b>Mindfulness</b> 11:00 AM February 5 and 19	<b>Happy Hookers Knitting</b> 11:00 AM	<b>CCS Lunch</b> 12:00 PM
<b>Coffee Talk</b> 11:00 AM February 3	<b>Let's Talk About It</b> 10:30 AM	<b>Lunch</b> 12:00—12:45 PM	<b>Lunch</b> 12:00—12:45 PM	<b>Pinochle</b> 12:30 PM
<b>Lunch</b> 12:00—12:45 PM	<b>CCS Lunch</b> 12:00 PM	<b>BINGO</b> 12:45-1:30 PM February 12	<b>Yoga</b> 1:15 PM	<b>Issaquah Food Bank Delivery</b> 12:30 PM
<b>*BUNCO*</b> <b>1:00-3:00 PM</b> February 10	<b>Pinochle</b> 12:30 PM	<b>Book Club</b> 1:00 PM February 5 and 19	<b>Tech Help</b> 2:00-4:00 PM	<i>*See inside for details on special classes, programs, activities and announcements this month *</i>
<b>Yoga</b> 1:15 PM	<b>Matinee Movie</b> 1:30 PM February 11 and 25	<b>Sing Along</b> 1:00 PM February 5	<b>Line Dancing</b> 2:45-3:45 PM	
<b>Chair Yoga</b> 2:45 PM	<b>Manicures</b> 2:30 PM February 11 and 25	<b>Caregiver Support Group</b> 1:30 PM February 26	<b>Senior Center Hours:</b> M-F 8:30 AM-4 PM and W 5:30—9 PM	<b>75 NE Creek Way</b> Issaquah, WA 98027



**Issaquah Senior Center is Closed**  
**February 17th for President's Day**

## Lunch Contribution Increases by 50 cents

Both Catholic Community Services (CCS) and the City of Issaquah are raising the price of the lunch contribution by 50 cents. New contribution suggestions prices are:

**\$4.50 for adults 60 and older**

**\$6.50 for anyone 59 and younger**

Remember this is a contribution and you can give any amount you would like.



## New Service! Meet Privately with a local Social Worker

Schedule your appointment with Rebecca, social worker, during her one day a week schedule at the Senior Center. She can help you navigate local resources and help tackle a wide variety of issues and obstacles you may be facing. She helps seniors access transportation, get groceries delivered, sign up for affordable housing, connect to Volunteer Chore services and more.

**February Schedule: Thursdays, February 6, 13, 27 from 10 am-2 pm. Sign up at the front desk for your private, thirty minute appointment.**

We have information about King County Senior Property Tax Exemption and City of Issaquah Utility Discount program for low-income seniors.

Please stop by the front desk to pick up the application forms.

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Issaquah Senior Center  
75 NE Creek Way  
Issaquah, WA 98027  
425-392-2381

Annette Brooks	Cook
Ingrid DeHaan	Trip Coordinator & Van Driver
Amanda Hefner	Front Office
Patricia Klingler	Front Office
Zach Lisson	Interim Supervisor
Sandy Morris	Front Office
Terri Moschetto	Cook
Tina Riehl	Front Office
Dave Sao	Activity Night & Van Driver
Wes Sorstokke	Van Driver
Dave Waggoner	Van Driver
Katharine Wismer	Program Coordinator

**Would you like the monthly newsletter mailed to your home?  
Sign-up at the front desk (or call) now so you don't miss an issue. \$10.00/year**

*The Issaquah Senior Center is free to 55 years and older adults. You are welcome to visit and use the facility! Registration is required on your first visit. Please check in at the front desk with a valid photo I.D. to register. There may be fees to participate in some classes and programs. Please inquire at the front desk about how to register for classes and programs.*

# Trips and Transportation

Join us as we venture out on a variety of exciting adventures! Meet new people and experience some of the best outings in the area. Sign up in person, or over the phone today!

- Please arrive 15 min before the trip leaves.
- Vans are not wheelchair accessible.
- Trip participants must ride with the group both ways.
- Participants who need special care are required to bring a chaperone.
- To be mindful of other participants, please do not wear any fragrance on field trips.
- Please allow those with motion or mobility challenges to sit in the front row.

Thursday, 2/6

Burke Museum of Natural History & Culture (Seattle) 9:30am-3:30pm

When you arrive at the new Burke Museum (recently re-opened back in October), a soaring lobby will beckon you with icons of Washington's natural and cultural heritage. You will be welcomed in the Coast Salish style by a monumental piece of contemporary Native art commissioned especially for the New Burke. Sit for a moment at the feet of a mastodon, then pass beneath a beaked whale diving from the ceiling as you begin your journey through the museum. The Burke Museum's collection consists of more than 16 million biological, geological and cultural objects from Washington state and around the world; over 10 million are accessible through their online database. Afterwards we will have lunch at Ivar's Salmon House on Lake Union. Moderate walking at your own pace with seating options throughout.

Transportation Fee: \$15.00 Admission: FREE

Monday, 2/10

Bickerson's Brewhouse Tour (Renton)

9:30am-2:00pm

Come join us at new brewhouse to learn the beer making process! In 2017, owner, Frank started researching the art of brewing beer and by luck, two of his co-workers had beer equipment and experience, and his new hobby started. With Frank being an analyst by trade, his thirst for knowledge in a subject took off and quickly went from a part time hobby to full time. Afterwards, we'll have lunch at Renton Technical College's Culinaire Room.

Transportation Fee: \$10.75 Admission: FREE!

Wednesday, 2/12

Theo's Chocolates Factory Tour (Seattle)

10:15am—2:45pm

Taste your way through the incredible cocoa farm to chocolate bar journey on a private factory tour at Theo's Chocolates. During this hour-long interactive experience, you'll discover the origins of cacao, see how they craft their chocolate from scratch in Seattle, and learn about the close partnerships they've cultivated with the farmers they source from. Plus, you'll get an inside view of their factory to see where the magic happens. And what chocolate experience would be complete without tasting? During your visit you'll indulge in a wide range of treats, from their nationwide best sellers to hand-crafted confections. There is a flat fee for our private tour, so your final payment will depend on how many people sign up. (The initial cost will be a \$16 deposit.) Encourage your friends to join you and you'll end up paying less! Moderate walking and standing. Our tour time is scheduled for 12:45 pm, so we will have brunch beforehand at the very good Homegrown Café on Mercer Island.

Transportation Fee: \$15.25 Admission: \$16.00

**Trip Refund Policy:** Transfers and withdrawals requested 4 days or more in advance of the start date will be subject to a 5% fee. No refunds or credits will be processed 3 days before start.

## Trips and Transportation Continued

Tuesday, 2/18

UW Dept. of Atmospheric Sciences (Seattle)

9:45am—2:45pm

Join us for a visit to the UW Department of Atmospheric Sciences and the Atmospheric Sciences-Geophysics Building on the UW campus for an hour-long tour of the facilities. In addition to the usual demonstrations and presentations, our group can also see scientists at work, take a tour of their laboratories, and see some of the equipment on their building's roof. Topics for discussion will include air pressure, temperature, clouds, rain, etc. as well as extreme weather such as thunderstorms, tornadoes, hurricanes and floods. We learn about historical and current climate changes and the difference between natural and human influences on the earth's climate. Afterwards we will have lunch at Salvatore Ristorante Italiano in nearby Ravenna. Moderate walking with seating options available.

Transportation Fee: \$15.25 Admission: FREE!

Friday, 2/21

Lunch Bunch: Secret Garden Tea Room (Summer ) 12:15pm—3:15pm

The Secret Garden Tea Room is located in a beautiful Victorian mansion in Sumner, WA. The charm of the original Queen Anne and Italianate architecture provides an elegant, yet warm ambiance in which to enjoy a luncheon tea. Our lunch/tea is scheduled for 1 pm, costing \$22.50, which will include a pot of tea or other beverage, a cup of their soup of the day, scones with Devonshire cream, jam & lemon curd and your choice of a variety of salads or sandwiches. Wine and desserts are also available for an additional fee. After lunch, we'll have time to browse through their lovely gift shop, stocked with tea-time treasures and a variety of delightful gifts, fanciful jewelry and clothing, and charming accents for your home. Limited to 9 people. Light walking.

Transportation Fee: \$9.00 Admission: FREE

Wednesday, 2/26

Northwest Flower & Garden Show (Seattle)

9:30am—3:00pm

Each year, over twenty different garden creators from around the Pacific Northwest put their blood, sweat and tears into their stunning display gardens. These incredible works of art, constructed in under 72 hours on the show floor, are central to what makes the Northwest Flower & Garden Festival a world-renowned experience of garden design and innovation. With over 350 high-quality exhibitors, it's also a spectacular shopping opportunity for one-of-a-kind gift items, must-have plants, the hottest new garden accessories, hand-crafted art and furniture, vintage garden wares, books, specialty seeds, artisan gourmet foods, and more. This one-stop shopping destination attracts quality exhibitors from around the U.S., Canada, Australia, and the U.K.

There will be plenty of food vendors available, so we will be having lunch on-site. **You can buy your tickets online ahead of time <https://gardenshow.com/tickets> for \$20 or pay \$25 at the door.**

Moderate walking at your own pace with seating options throughout. (Wheelchairs not available.)

Transportation Fee: \$18.25 Admission: \$20 - \$25

**Senior Center Trips: Please bring money for lunch and admission, which will be paid at the destination.**

A transportation fee is required at the time of registration. Fees are based on staff time, mileage, parking and any other trip expenses.

### Get Your ORCA Card Here

Adult, Youth, Senior and Disabled RRFPs  
Add E-purse Value or a Monthly Pass

Location: Issaquah City Hall, 130 E. Sunset Way

Date: 2nd and 4th Tuesdays of each month

Time: 9:30 AM to 11:30 AM

**Reminder!** The Senior Center accepts the following forms of payment: **Cash, Check, Visa or MasterCard**—Credit cards accepted over the phone

# Health and Fitness

## **TAI CHI—QI GONG** —*No class on Monday, February 17*

Tai Chi—Qi Gong, a Chinese traditional art of wellness. Practice fluid movements synchronized with deep smooth breathing, relaxation and full concentration. This two-part (Qi Gong 18 Forms—Tai Chi 24 Forms) health improvement technique is in essence a meditation-in-motion. It keeps the mind cool and tranquil, enhances body energy and improves balance.

MONDAY 9:00AM

*Fee: FREE*

## **STRENGTH AND BALANCE** —*No class on Monday, February 17*

This class focuses on building strength and muscle using different forms of resistance, such as traditional weights, bands, balls, and isometric movements. We also work on balance and stamina. This class is the perfect addition to the Wednesday and Friday Intermediate S.A.I.L. class, or add it to your weekly workout regimen to get that added resistance and balance focus. This is a higher-intensity class designed for the more mobile adult. Please wear tennis shoes designed for exercise. If new, please arrive 15 minutes early so you can meet with the instructor and get equipment.

MONDAY 10:30-11:30 AM

*Instructor: Barbara Scott*

*Fee: \$50.00/ 10 classes*

## **INTERMEDIATE S.A.I.L.** (*Stay Active & Independent for Life*)

S.A.I.L. is a fitness program approved by the Administration on Aging for fall prevention. Performing exercises that improve strength, flexibility, balance, and cardio is the single most important activity adults can do to stay active and reduce their risk of falling. Intermediate S.A.I.L. is a higher-intensity class designed for the more mobile adult. Please wear tennis shoes designed for exercise. If new, please arrive 15 minutes early so you can meet the instructor and get equipment.

WEDNESDAY & FRIDAY 9:30-10:30 AM

*Instructor: Barbara Scott*

*Fee: \$50.00/ 10 classes*

## **BEGINNING S.A.I.L.** (*Stay Active & Independent for Life*)

S.A.I.L. is a fitness program approved by the Administration on Aging for fall prevention. Performing exercises that improve strength, flexibility, balance, and cardio is the single most important activity adults can do to stay active and reduce their risk of falling. Beginning S.A.I.L. is a slower-paced class designed for beginners or those with limitations and can also be done from a chair or walker. Please wear tennis shoes designed for exercise. If new, please arrive 15 minutes early so you can meet the instructor and get equipment.

WEDNESDAY & FRIDAY 11:00 - 12:00PM

*Instructor: Barbara Scott*

*Fee: \$50.00/ 10 classes*

***We are looking for volunteers to help with lunches. Please inquire at front desk if interested.***

## Health and Fitness continued

### YOGA —*No class on Monday, February 17*

Yoga Alliance certified instructor Barbara Stevenson uses the Viniyoga approach of combining breath awareness with movement, as well as function over form, to make this class adaptable for each individual. No experience or flexibility needed. Equipment provided.

MONDAY & THURSDAY 1:15 - 2:30 PM

*Instructor: Barbara Stevenson*

*Fee: \$8.00/class*



### CHAIR YOGA —*No class on Monday, February 17*

Chair yoga leads you through a gentle series of yoga poses done while seated or using a chair for balance and support. This yoga class focuses on incorporating your breath with movements to create strength, flexibility, and balance and promote a sense of calm and well-being. Reduce stress and try this ancient wellness practice.

MONDAY 2:45 - 3:45 PM

*Instructor: Barbara Stevenson*

*Fee: \$7.00/class*

### MINDFULNESS

Mindfulness is a way to reduce stress, increase resilience, reduce blood pressure, and improve emotional regulation. No experience necessary. Drop-in once or often.

WEDNESDAYS, February 5 and 19

11:00 AM—12:00PM

*Instructor: Katharine Wismer*

*Fee: FREE*

### LINE DANCING

Exercise your body & mind by line dancing to lively music. Dancing styles covered in class are Country Western, Swing, Tango, Cha-Cha, Waltz, and more. No dance experience or partner necessary.

THURSDAY 2:45 - 3:45PM

*Instructor: Spencer Howard*

*Fee: FREE*



## ISSAQUAH PARKS & RECREATION

### Activities for Seniors

Did you know Issaquah Parks & Recreation facilities includes the Community Center, Julius Boehm Pool and Senior Center?

#### Senior Gold Pass Annual Fees

- City of Issaquah Residents: \$60
- Non-Residents: \$72

### COMMUNITY CENTER

- Pickleball
- Walking Track
- Exercise Classes
- Tennis & Friends
- Personal Training

### JULIUS BOEHM POOL

#### Lap Swim

**M-F 6:30am—3:30pm**

**Sat 1:00pm—6:00pm**

**Sun 11:00am—4:00pm**

#### Deep Water Exercise

**M, T, Th, F 8am-8:45am**

#### Move & Flow Water Exercise

**M, W, F 10am-10:45am**

### GRANDKIDS & ME

- Toddler Time
- Mini Sportsters
- Basketball
- Open Swim



## SOCIAL ACTIVITIES and EVENTS



**Coffee Talk** Coffee Talk is an open forum discussion with the Issaquah Senior Center Supervisor and Deputy Director of Parks and Recreation, about what is going on at the Senior Center and around the city.  
**Monday, February 3 from 11am– 12pm.**

**Celebrate Chinese New Year!** - Wing Leung, Renton Dance & Sing Group will welcome in the Lunar New Year with a 60 minute performance. They'll perform some traditional Chinese dances along with dances to welcome the Year of the Rat. The group will sing traditional Chinese songs along with some English songs to celebrate the festivities. Sponsored by *Aegis Gardens Newcastle* **Tuesday, February 4<sup>th</sup> from 1-2 pm.**



**Sing Along** The Issaquah Senior Center welcomes Jack Ballard to lead the monthly Sing Along program. Jack has composed, produced and lead music gatherings for many years. **Wednesday, February 5 from 1-2pm.**

**BUNCO** Join us for this fun dice game that requires zero skill! **Monday, February 10 from 1:00pm-3:00pm.** Sign up at the front desk in advance.



**Manicures** Come enjoy a free manicure brought to you by the volunteers of the National Charity League. Sign up the day of at the front desk.  
**Tuesday, February 11 and 25 at 2:30pm.**

**Movie Matinee** Join us for popcorn and a movie.

**Tuesday, February 11 at 1:30pm: Photograph** — A struggling Mumbai street photographer pressured to marry by his grandmother convinces a shy stranger to pose as his fiancée during a family visit. Despite vast cultural differences, the pair develops a surprising connection that challenges their worldviews in a wistful and funny romance from Ritesh Batra. This is a foreign film with English subtitles. 2019. Rated PG-13. Runtime 1h 48 minutes.



**Movie Matinee: Tuesday, February 25 at 1:30pm: The Aeronauts** - In 1862, daredevil balloon pilot Amelia Wren (Felicity Jones) teams up with pioneering meteorologist James Glaisher (Eddie Redmayne) to advance human knowledge of the weather and fly higher than anyone in history. 2019. Rated PG-13. Runtime 1h 40 min.



**February Birthday Celebration** Celebrate your birthday during our monthly birthday celebration and *lunch is on us!* Birthday celebrations are on the second Wednesday of the month during lunchtime. Show your picture I.D. at the front desk and get a free lunch! Birthday cake provided by *Aegis of Issaquah*. After lunch, stay and play BINGO! **Wednesday, February 12 at 12pm**

**BINGO** Come early and enjoy lunch before the game.  
**Wednesday, February 12 from 12:45–1:30pm**



**Origami** Learn the art of folding paper to make 3D creations. Join others as we learn together how to make a variety of treasures. **Fridays, February 14 and 28 at 10:30 am.**



**Valentines Day Lunch.** Join us as we share Valentine's cards & candy. No need to bring anything. **Friday, February 14**

**Trip Committee** Want to have input on our future trips? Attend this meeting and be part of the decision making discussions. **Friday, February 14 at 1pm**

## SOCIAL ACTIVITIES and EVENTS (continue)

**Todd Fawcett & Friends Music Performance:** Enjoy acoustical music from classic to country - **Tuesday February 18<sup>th</sup> at 12:30pm**

**Classes and Programs Planning Committee** Provide input in our future activities and programs and be part of the decisions. **Tuesday, February 18 at 1pm**

### Alan & Doug Music Performance

Alan and Doug play pop and rock music from the 50's through the 70's. They have played in Issaquah and Seattle for the past 25 years in various rock, jazz, folk groups including the Issaquah Singers! **Friday, February 21 at 1-2 pm.**



**Pizza with a Purpose** - Join Zack, Interim Senior Center Supervisor, and Brian Berntsen, Parks & Rec Deputy Director, for an update on what's happening at the senior center and time to answer your questions. **Monday, February 24 at noon.**

**Caregiver Support Group** facilitated by Senior Center Staff— Join with other caregivers to create a supportive community. **Wednesday, February 26 at 1:30pm.**

### Activity Night

*Join us every Wednesday from **5:30-9:00 PM** for card games and a variety of other activities!*



#### Driftwood Sculpture Class—Every Wednesday 6:00-8:30 PM

Bring out the beauty in found wood from the beach, lakes and even your own backyard. Join a class today and become the artist you never knew you were. Bring an old towel and some wood if you have a piece. Some wood might be available. Tools will be provided. *Fee: \$5.00 drop-in Beginner Kits: \$8.00*

#### Issaquah Amateur Radio Club - Wednesday, **February 5** 7:00-9:00 PM

The Issaquah Amateur Radio Club (IARC) is a group of Amateur Radio Operators (HAMs) who meet the first Wednesday of each month at the Senior Center. They discuss what's happening in the HAM Radio world, and often a program presentation and more discussion. The meeting is open to the public and anyone who may be interested or curious about HAM radio. If you have any questions contact John KA7TTY at 206-276-6759.



#### Wii Bowling—Wednesday, **February 12** 5:45-8:00 PM

Wii Bowling simulates real-life bowling by using simple motion controls — bowling the ball is as easy as flicking your wrist. Players can adjust the speed of their throws by swinging the remote faster, and can add spin to the ball by twisting their wrist as they throw. Come join the “Issaquah Senior Center Bowling League!” No experience needed.

#### Share Your Stories —Wednesday, **February 12** 6:00-8:15 PM

Don't miss your opportunity to be interviewed and have your stories recorded. Share them with your family for years to come. This community volunteer project pairs teens and seniors together. Help local youth learn how to listen and communicate in a fun interview project. And leave with a free copy of your audio recording! **Sign-up at the front desk.** Interviews for 6-7pm or 7:15-8:15pm: ***Schedule your interview for February 12***



## EDUCATION and ARTS



**Valentine's Day Card Making with Ink Stamps** Join us to design a valentine's card using an array of ink pad colors and stamps! Make a valentine's card for your sweetheart and help make extra cards for the Valentine's Day lunch. All materials supplied at no cost. **Tuesday, February 4 at 10:30am.** Registration required at the front desk.

**Book Club** Join other seniors for this unique book club! Come and share what you are reading and learn about books that others are reading. All are welcome to join in and discuss books! **Wednesday, February 5 and 19 at 1:00pm.**



**Elder Law: An Overview of Legal Issues related to Guardianship and Medicaid** presented by an attorney through Eastside Legal Assistance Program. **Tuesday, February 11 at 1-2 pm** Registration required at the front desk

**What is a Death Doula?**—Hear from an experienced death doula about this option for care at the end of life. Why do some people choose to be supported in this way, and how does it enhance the work done by the broader care team? **Wednesday, February 12 at 10:30am to 11:30am.** Registration required at the front desk.

**Writing Your Family Story Before It Is Lost** Want to pass on your family stories to younger generations? Join others to learn to capture engaging & entertaining stories that your family will treasure. No writing experience needed. Feel free to attend, even if just to listen. **Thursday, February 13 and 27 at 10am.**



**Pre-Diabetes: Type 2 Isn't Inevitable** Presented by Overlake Hospital. A diabetes educator will discuss the basics of pre-diabetes and lifestyle changes you can make to prevent developing type 2 diabetes. Time allowed for questions. **Thursday, February 13 from 1-2:30pm.** Registration required at the front desk.

**Statewide Health Insurance Benefits Advisors (SHIBA)** A trained SHIBA volunteer will meet with you privately to answer questions in the areas of Medicare, Medigap, Medicaid and long term-care insurance. Private appointments available the third Thursday of the month. **Thursday, February 20 at 10am, 11am, 12:30pm or 1:30pm.** Registration required at the front desk.

# EDUCATION and ARTS

## Volunteers Needed:

Check out our volunteer opportunities:

- **Ambassadors** tell others about senior center classes and events. Help us create a community of ambassadors who welcome newcomers and invite all to events. Join our first meeting on **Thursday, February 20 at 11 am.**
- **Kitchen Lunch Prep**
- **Kitchen Lunch Clean Up**
- **Special Events Set Up & Take Down**

Contact Katharine for more information at [katharinew@issaquahwa.gov](mailto:katharinew@issaquahwa.gov) or call front desk.

## Wisdom Café — Overcoming Limitations, Changing How We See Them

We can feel limited by a wide variety of things: stereotypes of aging, expectations for family/friends; financial limitations; physical or emotional limitations. We'll consider some creative ways to overcome or modify these limitations. **Friday, February 21 from 1-2:30pm.**

### Memoir Class starts in March

Join a four-week memoir class that starts March 26 from 10am-12pm. Your instructor Kim Persons offers this complimentary course with instruction, handouts, discussion, writing exercises and time to share and listen to stories. Class dates are as follows: 3/26, 4/9, 4/23, 5/14 from 10am to 12pm.

### KCHA to Open Section 8 Wait List in February

King County Housing Authority (KCHA) is opening its Section 8 waitlist from 7 a.m. Feb. 12 to 4 p.m. Feb 25. Applying is free. Find more information about Section 8 eligibility and the waitlist lottery at [kcha.org/lottery](http://kcha.org/lottery).

**Tech Help** *with Michelle Winterstein*

**AVAILABLE EVERY THURSDAY 2:00-4:00PM**

Bring all your computer and technology related questions—she can help! From computers to cell phones, tablets and cameras, bring yours or get help using the computers at the senior center. **Sign up at the front desk for a 20-minute timeslot**

# **EDUCATION and ARTS continued**

## **Excerpt from *Writing Your Family Story Workshop***

The Writing Your Family Story group meets on second and fourth Thursday of the month at 10 am. If you wish to submit a story or you have questions about the group please contact Jan Pelroy at 253-335-3242.

### **My Daughter's Last Spanking**

By Shirlee H. Schlemmer

It was a frantic Thanksgiving morning. We were heading down to Seattle from Bellingham to have Thanksgiving dinner with friends. I collected food, children, books, games, toys, etc. to keep them busy on the long, boring trip. We loaded up and headed out.

My husband and I were in the front seat of our 9-passenger Chevy Impala station wagon. Our two daughters, 11-year old Holly and 3-year old Jennifer, were in the middle seat, and our 13-year old son Todd had claimed, as usual, the third, backwards-facing seat.

It wasn't long before Holly, who was not the least bit happy to be going to Seattle on this day, started to be mean and sarcastic to her sister. Jennifer, who idolized her big sister, tried over and over to get Holly to talk with her, or read to her, or sing fun songs with her. To no avail, Holly would push her away, give her mean looks, and tell her, "Don't bother me!" I tried to reason with Holly, but she was having none of it. She seemed determined to pout and glower all the way to Seattle.

Holly's father, who had been watching from time to time from the rear-view mirror, also warned her several times that her behavior was unacceptable. And then he threw down the gauntlet. "If I have to warn you one more time, I'm going to pull this car over to the side of the road and give you a spanking."

Holly responded with the sentence that lives in infamy in our family.

"Yeah, yeah, yeah. Seems like I've heard that old song and dance before."

The car came to a screeching halt alongside I-5. Her father yanked open the car door, and while her 13-year old brother smirked, and her little sister watched with big saucer-sized eyes, Holly was removed from the car, turned over on her father's knees, and received that promised spanking.

I, her mother, sat in the front seat, wondering how I would ever explain to a State patrolman why I was allowing my husband to whale on our daughter...

Along I-5... On Thanksgiving morning.

# Senior Center Information

## **Senior Center Access**

The Issaquah Senior Center is free. All are welcome to visit and use the facility! Registration is required on your first visit. Please check in at the front desk to register. There are fees to participate in classes and programs.

**Trip Refund Policy** Transfers and withdrawals requested 4 days or more in advance of the start date will be subject to a 5% fee. No refunds or credits will be processed 3 days before start.

## **Senior Center Scholarships**

City scholarships are generously funded by individual, corporation, and community group donations. To receive a recreation scholarship or discount, applicants must meet the City's income eligibility requirements and live in Issaquah. City Scholarships are available at the Senior Center via a generous scholarship donation from the Pelroy family. To apply, talk to Zach Lisson, interim manager.

## **Meals on Wheels**

Meals are available for homebound seniors. Volunteers are available to take calls and make deliveries only on Wednesday mornings. Call Wednesday morning for an assessment to start meal delivery. If you need additional assistance, please call 206-448-5767.

The Issaquah Senior Center does not endorse any advertiser, speaker, program or product that is represented in any class, advertisement or function in our facility. It is the responsibility of participants to make informed decisions concerning these issues. The Issaquah Senior Center also is not responsible for injury, loss, or illness to anyone participating in any activity, program or class on the premises.

# Community Center and Pool Information

## **Senior Gold Pass**

For only \$60 a year for residents (\$72 for non-residents) a Senior Gold Pass includes use of the Community Center and Julius Boehm Pool. If you are 62+ years of age and live within the City of Issaquah boundaries you qualify for the resident Gold Pass. Proof of address will be required at the time of registration. Scholarships are available.

## **Community Center Indoor Track—425-837-3300**

Looking for a place to continue your daily run or walk—rain or shine? Keep moving indoors on our track accessible on the second floor of the Community Center. Only walkers or joggers are allowed (please no strollers, riding toys or balls on the track). In total, 11.3 laps equals a mile!

## **Julius Boehm Pool—425-837-3350**

Join us for any of the aquatic exercise programs!

*Fit to the Core:* A hard core aerobic workout to improve strength, muscular and cardio endurance, and sensory feedback using the medium of water. Reduce joint compression and the downward pull of gravity while exercising with the extra resistance water provides. Classes held Monday, Tuesday, Thursday & Friday, 8:00-9:00am.

*Move & Flow:* A workout tailored for people recovering or dealing with pain. This program is a great way to move and keep muscle function without impact on your joints. Classes held Monday, Wednesday & Friday, 10:00-10:45am.

Hours	Mon-Fri	Sat	Sun
Community Center	5:00 AM-9:00 PM	8:00 AM-4:00 PM	11:00 AM—5:00 PM
Pool (Lap/Public Swim)	6:30 AM-3:00 PM	12:30 PM-6:00 PM	11:00 AM—4:00 PM





# February 2020

Monday, Wednesday, Thursday - Lunch is casual and available from 12:00-12:45pm  
Tuesday and Friday - CCS Lunch is seated and served promptly at 12pm

Mon	Tue	Wed	Thu	Fri
<p><b>Price Change: Suggested contribution is \$4.50 for 60+ years old and \$6.50 for under 60 years old.</b></p> <p><b>This Menu is subject to change.</b> Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.</p>				
<b>3</b> BBQ Pork Open Face Sandwich Carrot Raisin Salad Dessert	<b>4</b> Meatloaf Potatoes & Gravy Carrots Oranges	<b>5</b> Spinach Pasta Bake Carrot & Raisin Salad Berries with Whip Cream	<b>6</b> Hamburgers Coleslaw Baked Beans Dessert	<b>7</b> Corn Chowder Wheat Roll Coleslaw Banana
<b>10</b> Chicken Cheese Taco Salsa & Guacamole Rice Dessert	<b>11</b> Beef Chili Colorado Broccoli & Cauliflower Orange	<b>12</b> Birthday and Bingo Fried Fish Red Beans & Rice Fruit Dessert	<b>13</b> Tomato Soup with Cheese Sandwich & Pickles Fruit Dessert	<b>14</b> Salmon Filet Wild Rice Caesar Salad Ice Cream Rhubarb Sauce
<b>17</b> <b>CLOSED</b>	<b>18</b> Hungarian Goulash Broccoli Pound Cake with Strawberries & Whip Cream	<b>19</b> Annette's Fried Chicken Coleslaw Fries Dessert	<b>20</b> Beef Stir Fry Fried Rice with Egg Peas & Carrots Dessert	<b>21</b> Broccoli Cheese Soup Tuna Sandwich Apple Crisp
<b>24</b> Pizza with a Purpose Green Salad Fruit & Dessert	<b>25</b> Beef Macaroni Broccoli Wheat Roll Applesauce	<b>26</b> Creamy Tomato Fettuccine Vegetables Fruit Dessert	<b>27</b> Split Pea Soup Ham Sandwich Fruit Dessert	<b>28</b> Fish & Chips Coleslaw Strawberry Rhubarb Compote with Yogurt